

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE CHILD AND ADULT CARE FOOD PROGRAM

MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #10 WEEK OF Week 1 YEAR 2013

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Fruit Cocktail- canned, unsweetened	Strawberries- fresh	Apple Slices- fresh	Banana- fresh	Peaches- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Whole Wheat Toast (WG)	Graham Crackers	Whole Wheat Mini Bagel (WG)	Waffles	WG Cinnamon Crunchy Oat Squares cereal (WG)
Other Foods 1x Meat/MA, 1x sweet		Vanilla Yogurt	Cream Cheese	Syrup (sweet)	, , , , , , , , , , , , , , , , , , , ,
LUNCH	Sloppy Joes (HM)	Ham and Beans	Breakfast for Lunch	Fish Sticks (CN)	Spaghetti with Meat Sauce
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Green Beans- canned	Broccoli- frozen	Hash Browns- frozen	Peas- canned	Tossed Salad- fresh
3x fresh	Cantaloupe- fresh	Pears- canned, unsweetened	Banana- fresh	Applesauce- unsweetened	Fruit Cocktail- canned, unsweetened
Grains/Bread Component 2x Whole Grain	Hamburger Bun	Cornbread	Whole Wheat Toast (WG)	Breading (CN)	Whole Wheat Spaghetti (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef	Ham, Beans	Scrambled Eggs	Fish Sticks (CN)	Ground Beef
Other Foods	Sloppy Joe Sauce			Mashed Potatoes- dried	Tomato Sauce, Hard Boiled Egg, Ranch Dressing
SUPPLEMENT Serve 2 of 4 choices.					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Apple Slices- fresh			Pears- canned, unsweetened
Grains/Bread Component 2x Whole Grain, 1x sweet	Saltine Crackers	Cookies (sweet)	Chocolate Cheerios cereal (WG)	Soft Pretzel	Whole Wheat Goldfish Crackers (WG)
Meat or Meat Alternate 1x Meat/Meat Alternate	Mozzarella Cheese Stick	(3.00.)			
Other Foods	M322ardia Oricese Olick				
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^{*}Sweet Snack includes sweet items and grain-based snack chips/croissants

^{**}WG = whole grain

^{***}HM = home made

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #10 W	VEEK OF \	Week 2	YEAR	2013
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DATE	DATE	DATE	DATE	DATE
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Pears- canned, unsweetened	Orange Slices- fresh	Applesauce- unsweetened	Banana- fresh	Pineapple- canned, unsweetened
Whole Wheat Toast (WG)	Granola Bar (WG) (sweet)	Whole Wheat Mini Bagel (WG)	Whole Wheat English Muffin (WG)	Berry Berry Kix cereal (WC
		Cream Cheese		
Turkey with Gravy	Meatballs (CN)	Pancake Sausage Bites (CN)	Chicken Alfredo	Turkey and Cheese Wrap
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Mashed Potatoes- dried	Green Beans- canned	Sliced Oranges- fresh	Peas- canned	Cauliflower- fresh; Celery- fresh
Peaches- canned,	Grapes- fresh	Banana- fresh	Applesauce- unsweetened	Grapes- fresh
	·	Pancake Sausage Bites (CN)	Whole Wheat Spaghetti	Tortilla
Lean Turkey	Meatballs (CN)	Pancake Sausage Bites (CN)	Chicken	Lean Turkey, Cheese
Gravy			Alfredo Sauce	
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Strawberries- fresh	Grapes- fresh		
Frosted Cheerios cereal (WG)	Animal Crackers	Wheat Thins (WG)	Pretzels	NutriGrain Bar (WG) (sweet)
		, ,	Cheddar Cheese Stick	
	1% Milk Pears- canned, unsweetened Whole Wheat Toast (WG) Turkey with Gravy 1% Milk Mashed Potatoes- dried Peaches- canned, unsweetened Stuffing Lean Turkey Gravy 1% Milk	1% Milk Pears- canned, unsweetened Whole Wheat Toast (WG) Turkey with Gravy Meatballs (CN) 1% Milk Mashed Potatoes- dried Peaches- canned, unsweetened Grapes- fresh Stuffing Egg Noodles Lean Turkey Meatballs (CN) 1% Milk Strawberries- fresh Frosted Cheerios cereal	1% Milk Pears- canned, unsweetened Orange Slices- fresh Whole Wheat Toast (WG) Granola Bar (WG) (sweet) Cream Cheese Pancake Sausage Bites (CN) 1% Milk Mashed Potatoes- dried Peaches- canned, unsweetened Grapes- fresh Stuffing Egg Noodles Lean Turkey Meatballs (CN) Gravy 1% Milk 1% Milk 1% Milk 1% Milk Banana- fresh Pancake Sausage Bites (CN) Fancake Sausage Bites (CN) Pancake Sausage Bites (CN) Fancake Sausage Bites (CN) Fancake Sausage Bites (CN) Gravy Strawberries- fresh Grapes- fresh Frosted Cheerios cereal	1% Milk Pears- canned, unsweetened Whole Wheat Toast (WG) Turkey with Gravy Turkey with Gravy Mashed Potatoes- dried Peaches- canned, unsweetened Stuffing Egg Noodles Lean Turkey Meatballs (CN) Gravy Meatballs (CN) Meatballs (CN) Grapes- fresh Meatballs (CN) Meatballs (CN) Grapes- fresh Meatballs (CN) Pancake Sausage Bites (CN) Chicken Alfredo Chicken Alfredo Applesauce- unsweetened Whole Wheat Mini Bagel (WG) Whole Wheat English Muffin (WG) Chicken Alfredo Chicken Alfredo Chicken Alfredo Sliced Oranges- fresh Peas- canned Applesauce- unsweetened Applesauce- unsweetened Applesauce- unsweetened Applesauce- unsweetened Applesauce- unsweetened CN) Pancake Sausage Bites (CN) Whole Wheat Spaghetti (WG) Chicken Applesauce- unsweetened Applesauce- unsweeten

^{*}Sweet Snack includes sweet items and grain-based snack chips/croissants

^{**}WG = whole grain ***HM = home made



NAME OF CENTER/FACILITY	Intermediate Eat Smart Center #10	WEEK OF	Week 3	YEAR	2013
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	DATE	DATE	DATE	DATE	DATE
				Egg and Cheese Tortilla	
BREAKFAST				33 4 4 5 4 4 4 4	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable				Peaches- canned,	Pears- canned,
5x whole fruit/vegetable	Slices Oranges- fresh	Banana- fresh	Apple Slices- fresh	unsweetened	unsweetened
Grains/Bread Component	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	- I - I - I - O - I - I	Whole Wheat Mini Bagel	T 400	Chocolate Cheerios cereal
3x Whole Grain	Whole Wheat Toast (WG)	French Toast Sticks	(WG)	Tortilla	(WG)
Other Foods		Communa (compant)		Fac Chassa	
1x Meat/MA, 1x sweet	1	Syrup (sweet)		Egg, Cheese	
	Ham and Mac 'n Cheese		Chicken Salad Sandwich		
LUNCH	(HM)	Meatloaf (HM)	(HM)	Chicken Breast	Beef Tacos
Elected NAtible	40/ MA:II.	40/ 14:11-	40/ Mills	40/ NA:II-	40/ 14:11-
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Commissions of Fruit and/or					
2 Servings of Fruit and/or	Broccoli- frozen	Mashed Potatoes- dried	Cooked Carrots- canned	Peas- canned	Corn- canned
Vegetables	Fruit Cocktail- canned,	Peaches- canned,	Pineapple- canned,		
2x fresh	unsweetened	unsweetened	unsweetened	Sliced Oranges- fresh	Tomato. Lettuce- fresh
Grains/Bread Component	disweetened	disweetened	unsweetened	Oliced Oranges- fresh	Tomato, Lettuce- fresh
3x Whole Grain	Elbows	Whole Wheat Roll (WG)	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Tortilla
Meat or Meat Alternate	Lisons	Timele Timeat (tre)	Title Titleat Bread (Tre)	Timele Timeat Bread (Tre)	Torung
0x highly processed	Ham Cubes	Ground Beef	Chicken	Chicken	Ground Beef
January processes					
Other Foods	Cheese				Black Beans- canned
SUPPLEMENT					
Serve 2 of 4 choices.		Parfait			
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable					Pineapple- canned,
2x whole fruits/vegetable		Strawberries- fresh			unsweetened
Grains/Bread Component			WG Cinnamon Crunchy		Whole Wheat Goldfish
3x Whole Grain, 1x sweet	Graham Crackers	Granola (WG) (sweet)	Oat Squares cereal (WG)	Soft Pretzel	Crackers (WG)
Meat or Meat Alternate					
1x Meat/Meat Alternate		Vanilla Yogurt			
Other Foods					

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NAME OF CENTER/FACILITY Intermediate Eat Smart Center #10	WEEK OF Week 4	YEAR 2013
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	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable	Ctrouborries from	Fruit Cocktail- canned, unsweetened	Clinad Orangea fresh	Banana- fresh	Appleagues upawastaned
5x whole fruit/vegetable Grains/Bread Component	Strawberries- fresh	unsweetened	Sliced Oranges- fresh Whole Wheat Mini Bagel	Banana- iresn	Applesauce- unsweetened Frosted Cheerios cereal
3x Whole Grain	Whole Wheat Toast (WG)	Graham Crackers	(WG)	Pancakes	(WG)
Other Foods					
1x Meat/MA, 1x sweet		Vanilla Yogurt		Syrup (sweet)	
LUNCH	Turkey Corndog (CN)	Chicken and Cheese Quesadilla	Sun Butter Sandwich with a Hardboiled Egg	Baked Chicken	Cheese Pizza (CN)
E1 : 1 8 4'11		407 8411		40/ 84/1	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or	Mixed Vegetables- canned	Corn- canned	Cucumber- fresh; Carrots- fresh	Peas- canned	Tossed Salad- fresh
Vegetables	Pears- canned,		Fruit Cocktail- canned,		Peaches- canned,
4x fresh	unsweetened	Orange Slices- fresh	unsweetened	Apple Slices- fresh	unsweetened
Grains/Bread Component					
2x Whole Grain	Breading (CN)	Tortilla	Whole Wheat Bread (WG)	Whole Wheat Roll (WG)	Pizza Crust (CN)
Meat or Meat Alternate 2x highly processed	Turkey Corndog (CN)	Chicken, Cheese	Sun Butter, Hardboiled Egg	Chicken	Cheese Pizza (CN)
Other Foods	Cheese Stick				Hard Boiled Egg, Ranch Dressing
SUPPLEMENT					3
Serve 2 of 4 choices.					Trail Mix
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable					Cronco fronh
2x whole fruits/vegetable Grains/Bread Component		Cantaloupe- fresh			Grapes- fresh WG Goldfish Crackers (WG),
3x Whole Grain	Berry Berry Kix cereal (WG)	Animal Crackers	Wheat Thins (WG)	Pretzels	Pretzels
Meat or Meat Alternate				Marravalla Chasas Citali	
1x Meat/Meat Alternate				Mozzarella Cheese Stick	-
Other Foods, 1x sweet					M&Ms (sweet)

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NAME OF CENTER/FACILITY	Intermediate Eat Smart Center #10	WEEK OF	Week 5	YEAR	2013

	DATE	DATE	DATE	DATE	DATE
		Strawberry Oatmeal		Sun Butter and Banana	7,112
BREAKFAST		,		Sandwich	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable	Pineapple- canned,				Pineapple- canned,
5x whole fruit/vegetable	unsweetened	Strawberries- fresh	Apple Slices- fresh	Banana- fresh	unsweetened
Grains/Bread Component			Whole Wheat Mini Bagel		WG Cinnamon Crunchy
5x Whole Grain, 0x sweet	Whole Wheat Toast (WG)	Oatmeal (WG)	(WG)	Whole Wheat Bread (WG)	Oat Squares cereal (WG)
Other Foods					
1x Meat/Meat Alternate				Sun Butter	
			Bean and Cheese Burrito		
LUNCH	Polish Sausage	Beef Roast	(HM)	BBQ Chicken (HM)	Grilled Cheese Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or	Peas- canned	Mashed Potatoes- dried	Corn- canned	Green Beans- canned	Carrots- canned
Vegetables		Dinconnia conned		Doors conned	
3x fresh	Cranas from	Pineapple- canned, unsweetened	Contalouna fronh	Pears- canned, unsweetened	Banana- fresh
Grains/Bread Component	Grapes- fresh	unsweetened	Cantaloupe- fresh	unsweetened	Banana- iresn
3x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Roll (WG)	Tortilla	Hamburger Bun	Whole Wheat Bread (WG)
Meat or Meat Alternate	Whole Wheat Bread (WG)	Whole Wheat Roll (WG)	Tortilla	Tramburger Buri	Whole Wheat Bread (WG)
1x highly processed	Polish Sausage	Beef	Bean, Cheese	Chicken	Cheese
TX THISTHY Processed	1 cherr daddago		Bean, ences	CHICKOTT	0110000
Other Foods	Tater Tots- frozen			BBQ Sauce	
SUPPLEMENT					
Serve 2 of 4 choices.		Parfait			
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable		Peaches- canned,			
2x whole fruits/vegetable	Banana- fresh	unsweetened			
Grains/Bread Component			Chocolate Cheerios cereal		
3x Whole Grain, 1x sweet	Graham Crackers	Granola (WG) (sweet)	(WG)	Soft Pretzel	Wheat Thins (WG)
Meat or Meat Alternate					
1x Meat/Meat Alternate		Vanilla Yogurt			
Other Foods					

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